

Top 15 Causes of Death in U.S.	Traditional Approach	Basic Personal 'To Do' List
1. Heart disease	routine EKGs ECG stress tests lipid panel CRP nuclear stress tests catheterization	<ol style="list-style-type: none"> 1. Routine CAD Risk Assessment (the 9 factors) every year. (requires includes cholesterol & HDL testing) 2. Stop smoking and urge those around you to stop. 3. Take one baby aspirin (81 mg) daily(men > 40 and menopausal women) 4. Take a daily multivitamin with folate. 5. Eat a balanced Mediterranean-like diet with fish twice a week. 6. Exercise every day. 7. Eat 5 Servings of fiber every day. 8. Check you blood pressure every year and maintain good control. 9. If you have 2 or more cardiac risk factors, get tested for diabetes and insulin resistance. 10. Consider cholesterol-lowering therapy for anyone with 2 or more risk factors.
2. Cancer (all types)	FOBT flexible sigmoidoscopy colonoscopy Pap smears ThinPrep colposcopy HPV-DNA testing PSA Mammography Chest x-rays Spiral CT scans	<p>Stop smoking. Encourage the people around you not to smoke. (All cancers) Exercise: Get a minimum of 20 minutes exercise every day (All cancers). Diet: Eat a Mediterranean style diet. Lung: Stop smoking. Period. Colon: Stop smoking. Take a daily aspirin, multivitamin with folate and B₆, B₁₂, and D. Eat 5 servings of fiber every day. Exercise every day. Take extra calcium in your diet. Avoid excess alcohol. Breast: Get an annual physician breast exam. Calculate patient-specific high-risk factors (Klaus or Gail model; available free on web or for Palm Pilot). Take one adult aspirin (325 mg) every day. Take a multivitamin with folate. Get a mammogram every other year during the peak risk period (55-65) Esophageal & Gastric: Increase intake of fiber, fruits, and vegetables. Cervix: Stop smoking. Get a Pap smear every 3 years til age 65. Prostate: Take a multivitamin with vitamin E and selenium. Melanoma: Fill out McKie's Patient Administered Screening Questionnaire (Appendix *). Have your physician check moles or freckles that become larger, darker, or irregular in texture.</p>
3. Stroke	carotid doppler echocardiogram	<p>Check your blood pressure every 4 months and maintain good control. Exercise every day Eat 5 servings of fiber daily. Take one baby aspirin (81 mg) every day. Take supplemental potassium. Take a multivitamin with folate. If you have a heart rhythm disturbance called 'atrial fibrillation,' take either an aspirin (325 mg) or, with close supervision by your physician, a blood thinner (Coumadin) every day.</p>
4. COPD	PFTs Chest x-rays	<p>Stop smoking. Get immunizations against pneumonia (once) and influenza (annual) Take a multivitamin with folate and vitamin E every day. Exercise every day. Eat a good balanced diet with plenty of protein to maintain muscle mass.</p>
5. Motor vehicle and other accidents.	???	<p>Don't drive after taking alcohol or sedating medications. Always wear your seatbelt. Have a working smoke alarm in your home. Keep guns outs of the house. Maintain good lighting in your home. Keep stairways and hallways free of loose objects or carpeting.</p>
6. Diabetes	lipid panels chem panels A1C microalbumin ECGs nuclear stress tests	<p>Calculate your CAD Risk Profile annually. Take a multivitamin with folate every day. Eat 5 servings of fiber every day. Vitamin E (1800 IU/d) improves retinal blood flow and normalized creatinine. Eat a Mediterranean style diet. Good dietary habits can prevent adult-type diabetes. Take one baby aspirin (81 mg) every day (men > 40, menopausal women) Take medication to lower your cholesterol (a 'statin') Exercise every day. Regular exercise can prevent adult-type diabetes. Know you ABCs of diabetes care (A1c, BP, cholesterol). Check your blood pressure every 4 months and maintain < 135/85 mm Hg. Take metformin if you are overweight and have type 2 diabetes. Take an ACE-inhibitor medication every day. Get an annual EKG. Get your eyes checked by an ophthalmologist annually or biannually. Check your kidney function annual with a urinalysis and serum creatinine. Examine your feet daily and have them checked by a physician at least 3 times a year.</p>
7. Pneumonia & flu	immunizations	<p>Get an immunization against pneumonia at age 65 or earlier with cardiopulmonary disease. Get an influenza immunization annually. Exercise every day. Eat a balanced diet with a multivitamin every day. Avoid excess alcohol.</p>

8. Alzheimer's disease	MMSE CT scans Tacrine, Cognex, etc.	<p>Take a multivitamin with folate every day. Take a supplement of 500 mg vitamin C and 500 IU vitamin E daily Eat a serving of fish twice a week. Exercise your body every day. Take an aspirin (325 mg) or a baby aspirin (81 mg) every day. Check your blood pressure once a year and maintain good control. Check your cholesterol levels every year and take medication if it is high. Maintain social activities. Exercise your mind every day. Maintain hobbies and ordinary cognitive activities like crosswords, checking baseball scores, the stock market, read the newspaper, etc. Be alert for signs of depression (insomnia, tearfulness, lack of interest in doing anything). Take a simple, short questionnaire, if you think this may apply to you. The risks of not treating it are that it may keep you from doing the other things you need to do to stay healthy; in addition, depression may produce its own kind of dementia. Avoid excessive use of medications. See your doctor. If you are regularly taking more than 3 medications, ask him if there are any that you can do without. Drug interactions are probably the number one cause of temporary mental states that mimic dementia.</p>
9. Nephritis, nephrotic syndrome, nephrosis	Renal ultrasound CT scan IVP renal biopsy	<p>Eat a balanced diet with a multivitamin with folate every day. Check your blood pressure once a year and maintain good control. Take a thiazide diuretic (e.g., hydrochlorothiazide) if you have hypertension. Vitamin E (1800 IU/d) improves creatinine level in diabetes Avoid excess use of mild analgesics including Tylenol, aspirin, and the newer anti-inflammatory medications like Motrin, ibuprofen, Alleve, etc</p>
10. Septicemia	monoclonal antibodies	<p>Eat a balanced diet with a multiple vitamin every day. Exercise every day. Avoid excess use of alcohol. Don't smoke. Get immunizations against pneumonia and influenza. Avoid unnecessary invasive procedures and medical devices. Avoid unnecessary antibiotics. Avoid elimination problems. Eat plenty of fiber and drink plenty of fluids.</p>
11. Suicide	locked Psych units	<p>Eat a balanced diet with a multiple vitamin every day. Exercise every day. Avoid excess alcohol. Avoid too many medications, particularly those with tranquilizing or sedative effects. Don't keep guns in the house. New clinical data suggest the possibility that a 'statin' may reduce the risk of depression by 30-40%; thus, if there is any other reason that a statin may be beneficial for you, this becomes one additional benefit. If your mood is sad or depressed for more than a few weeks at a time, then consider the possibility that you may have depression and take a short questionnaire to help you decide whether to see your doctor about it or not.</p>
12. Chronic liver disease & cirrhosis	hepatitis panels liver biopsies abdominal CT TIPS other shunts	<p>Eat a balanced diet with multiple vitamin with folate & thiamine every day. If you have a drinking problem, attend an AA meeting. Don't drive after drinking. Persons at risk should get immunizations against hepatitis A and B. Avoid medications and other substances that are toxic to the liver. Avoid excess weight, since obesity itself can be a cause of cirrhosis.</p>
13. HTN and HTN-related renal disease	ECGs stress tests CT scans	<p>Take all the steps outline in #9 above.</p>
14. Homicide	???	<p>Keep guns out of the house. The rest is common sense: Don't walk out alone at night or in unfamiliar neighborhoods; don't pick up or let in strangers, etc.</p>
15. Pneumonitis due to solids and liquids	NG tubes PEG tubes	<p>Eat a balanced diet with a multivitamin every day. Avoid excess alcohol. Avoid excess medications, especially those with a tranquilizing or sedative effect. Get immunizations against pneumonia and influenza. Don't smoke. Exercise every day.</p>